

# Johnnycakes

Get your kids involved in cooking their own historic snacks!

## Ingredients

- ☐ 2 Cups Cornmeal
- ☐ 1 Cup Boiling Water
- ☐ A Pinch of Salt
- ☐ 2 Tablespoons Sugar
- ☐ Butter
- ☐ Mixing Bowl
- ☐ Wooden Spoon
- ☐ Stir in Extras: Raisins, Chocolate Chips, Cranberries, Blueberries
- ☐ Frying Pan
- ☐ Applesauce or Maple Syrup

## Instructions

1. Add the cornmeal, hot water, salt and sugar into a mixing bowl. Stir with the wooden spoon. Mix in one or more stir-in extras.
2. Let the mixture sit for about half an hour, then form the mixture into eight flat pancakes.
3. Melt 1-2 tablespoons butter in a frying pan over medium-high heat. Fry the Johnnycakes in the butter until golden brown on both sides. Enjoy with butter, applesauce or syrup!

## Background

Native Americans showed the colonists how to cook with corn. Cornmeal pancakes, called johnnycakes, were a treat enjoyed by all. It took a lot of hard work to grow the corn, harvest it, and grind the corn into cornmeal. Here is an easy recipe that can be made with a little help from an adult!

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